



FOOTBALL ONTARIO'S WOMEN'S PROGRAMMING NEWSLETTER

Happy Valentine's Day!

CALL FOR VOLUNTEERS

Football Ontario is seeking volunteers for the following events:

- Elite Flag Nationals (Kingston, May 2025)
- Detroit Lions Flag Series (Multiple Locations)

Connect with Olivia Ghosh to volunteer for the Detroit Lions Flag Series: oghoshsw@footballontario.net



Team Ontario Women's Tackle U18 & SR CAMPS

Meet our Team Ontario staff, connect with other athletes and try football skills / drills. Be a part of the provincial pathway for women's tackle football. No tackle football experience necessary!

- Ottawa: Feb 15, 5-7:30pm
- Sudbury: Feb 22, 10:15-12:15pm

*U18 (2008, 2009, 2010) | *SR (2007+)

[U18 Registration](#)

[SR Registration](#)



Toronto Flag Football League Spring House League



With skilled coaching, weekly games, and practice sessions, players of all levels can build teamwork, sportsmanship, and confidence in a fun, competitive environment.

- Dates: April 27 - June 15
- Time: 10:15 AM - 12:15 PM
- Location: Esther Shiner Stadium, 5720 Bathurst St

Divisions:

- GIRLS - USPORTS (2013-2015)
- GIRLS - NCAA (2009-2012)

[Registration](#)

Toronto Flag Football League Rep Program



Where passion meets competition! This program is designed for athletes looking to take their flag football skills to the next level through high-level coaching, intensive training, and competitive tournaments.

Why Join the Rep Program?

- High-Level Coaching
- Intensive Training
- Exposure to Competition
- Strong Team Commitment
- Community and Team Spirit
- Opportunities to Grow

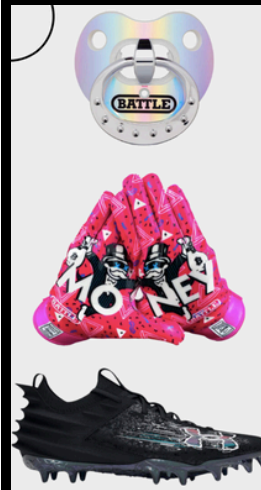
Tryouts: Will be held in **June 2025**

Eligibility: Birth Years 2008-2015

Grades 5-12 (Sept 2025)

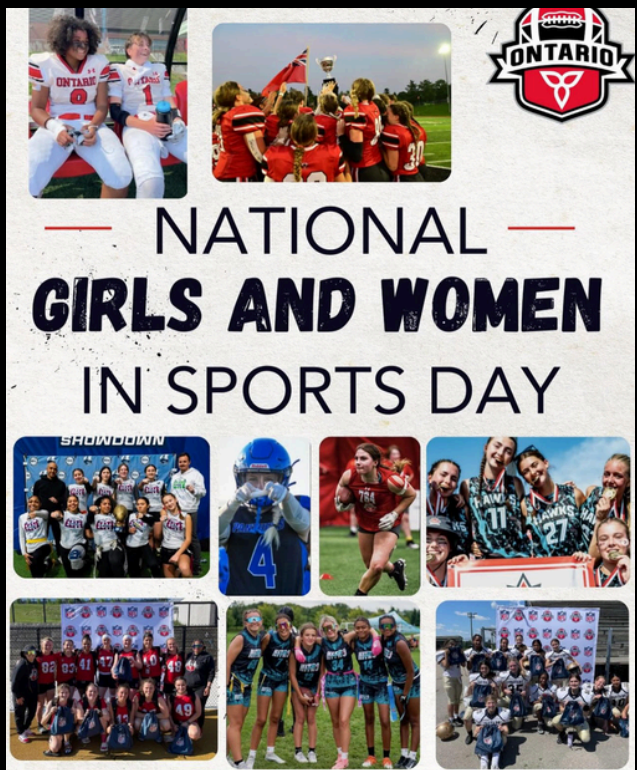
For more information please email:

info@torontoflagfootball.com



Looking to get outfitted head-to-toe in high-quality football equipment? **Check out Football Depot!**

- Located at 4161 Morris Dr, Unit #4, Burlington, ON
- [Order online using Football Ontario's affiliate link](#)



NATIONAL GIRLS AND WOMEN IN SPORTS DAY

National Women and Girls in Sports Day

FEBUARY 5TH

Last Wednesday, sports teams took the opportunity to celebrate and thank women players and women who work in sports for their efforts in furthering the game! Team Ontario also took the chance to thank those who played a key role in the early growth of the sport on Instagram!

[@footballontario](#)



Niagara Youth Flag Football

2025 OWIFA GIRL'S COMBINE

- Athletes in grades 4-12
- Sunday, March 9: 9am-11am
- Youngs Sportsplex, Welland

REGISTRATION



NFL Flag Superbowl Ad

In case you missed it during the Super Bowl, NFL Flag aired a fantastic ad celebrating the growth and passion for women's flag football. The commercial highlighted the expanding opportunities for female athletes on the varsity high school level.

NFL FLAG AD



**Thank you NFL Canada
for continuing to
support Football
Ontario's women and
girls initiatives!**

New Release BHM APPAREL

All proceeds from these exclusive apparel sales will be contributed to the Football Ontario Scholarship Program, accessible for athletes in financial need.

 TEAMOWINTER.ITEMORDER.COM



If you would like to contribute to a Newsletter feature, please complete the form:

[Newsletter Submission Form](#)



footballontario.net



[@em_football.on](#) | [@o.ghoshh](#)
[@footballontario_](#)